



DECEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule</p>	<p>1 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p>2 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p>3 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p>4 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p>5 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p>6</p>
<p>7</p>	<p>8 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p>9 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p>10 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p>11 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p>12 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p>13</p>
<p>14</p>	<p>15 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p>16 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p>17 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p>18 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p>19 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p>20</p>
<p>21</p>	<p>22 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p>23 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p>30 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p>31</p>	<p>Services: Howard County</p> <ul style="list-style-type: none"> • Peer Counselor support • Group BF Classes • Individual BF Classes • Electric pump demo • Loaner Electric Pumps for moms returning to school/work • Returning to work/school BF classes 		<p>To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510</p>



JANUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510	1	2 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	3
4	5 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	6 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	7 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	8 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	9 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	10
11	12 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	13 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	14 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	15 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	16 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	17
18	19	20 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	21 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	22 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	23 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	24
25	26 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	27 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	28 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	29 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	30 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	31



FEBRUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510			
1	2 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	3 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	4 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	5 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	6 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	7
8	9 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	10 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	11 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	12 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	13 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	14
15	16	17 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	18 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	19 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	20 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	21
22	23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	25 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	26 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	27 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	28

